

Child Play!

AGES 3 AND 4

Hi, Folks!
It's me—
your 3 or 4 year old!

I love to play!

Play helps me be smart,
healthy and happy. It helps
me get along with other
kids.

I still love to play with you,
too. Let's go play and have
some fun!



At 3 and 4 years old, I love to play!

When I play:

- I develop my muscles.
- I deal with my fears.
- I learn to make friends.
- I share feelings and ideas.
- I develop my brain.
- I work off energy.



Active play, every day!

I have so much energy! I love to be active. Active play keeps me at a healthy weight. It makes me feel good and it helps me sleep at night.

Please encourage me to play instead of watching TV, using a computer, or playing video games.

Please watch me do things over and over again. You are still my biggest fan.

Let's find a safe place to play

I know it's not always easy to find a safe place to play. It will be safer and more fun if you are active with me.

When I am 3 years old

I am learning all the time. I watch what you do and try to do it, too. You are my role model. I think you are great!

I like things done the “right” way. I like to make choices. I like to do things over and over again. I like to make friends, but sharing is not easy for me yet.

I like to:

- play ball games
- play under a sprinkler
- run, jump, and climb
- play on playground equipment
- take a walk

I also like to:

- take care of my doll
- play dress up and pretend
- draw and color
- ask questions
- make up stories about “action figures”

I like counting games!

Let's count:

- toys as we pick them up
- buttons as we button them
- bubbles as I catch them



Books I like:

- family photo albums
- books about animals and their babies
- books about things I am interested in

When I am 4 years old

I can do so many things by myself now! But I still love it when you and I have fun together and act silly.

Have you noticed that...

- I like to show off!
- I can pay attention longer.
- I like playing with kids my own age.
- I can share now.

I like to:

- ride a tricycle
- kick a ball
- play with clay or mud
- build with blocks or empty boxes
- dance to music
- play school and learn to write my name
- hear a story you make up—about me!
- play follow-the-leader
- play with dolls and “action figures”



I also like to:

- play card games like “Go Fish” and “Old Maid”
- sing
- help you cook
- take things apart and put them back together again
- ask “how?” and “why?”
- collect things

Books I like:

- exciting or funny stories
- fairy tales
- picture books that I can “read” myself

Help me play with other kids

Play helps me learn to get along with others. It's fun, too!

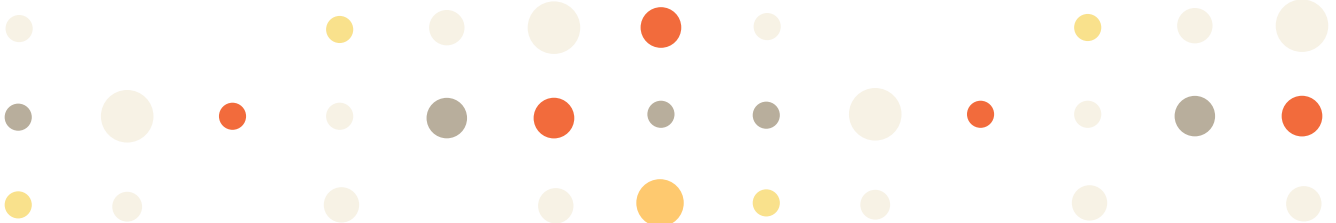
Could you:

- take us on a walk to collect things like leaves, rocks, and sticks?
- teach us to play your childhood games, like tag or Simon Says?
- save some of your old clothes for pretend play?
- save empty food boxes so we could have a store?
- save your junk mail so we can play post office?



Could we:

- use a sheet and a table for a fort or cave?
- play basketball with a bucket or clothes basket?



Let's get out and explore!

I like to:

- dig in sand and dirt
- help in the garden
- walk barefoot in the grass
- blow bubbles
- wish on a star

I love visits to the pet store, park, zoo, children's museum, and beach. I love story hour at the library.



Keep me safe outdoors

- Keep your eyes on me at all times.
- Never leave me alone near water for even a second. Buckets and children's pools should be emptied right after we use them.
- Check playgrounds for safety.
- I need to learn playground safety. Hold my hand when crossing the street and around swings. Put a helmet on me for biking and skating.
- A hat and sunscreen (at least SPF 15) will protect me from too much sun.
- Insect repellent will protect me from mosquitos.



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